

# **Master Practitioner Modelling Project**

**Being in Time ALL the Time**

**Sugandhi Viswanathan**

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## My IT

### I see myself showing up in time.

#### And my outcome for choosing this as my “IT”

*I see the respect people have for me and the way people express that they do not want to keep me waiting. Parents and teachers and even the Chief Guest of the program know that I will be there exactly at the time given and they are there respecting the way I start and end the meetings and programs on time.*

*I am hearing what my family says, “It is two minutes to 7.30.a.m and amma would be out in two minutes after her pooja. We will plan it thus”.*

*I feel the respect I have for myself and sense of accomplishment every time I am cited as an example of a person who can be trusted to show up in time everytime.*

*I wake up to the scent of malli flowers that waft through my bedroom window, reaching out to my watch to **know the time; exactly 5.00.a.m.** I smile looking forward to my appointment with the Rising Sun at the beach. I think about the nectar I would taste at the end of the long walk at the beach. How good it is to be on time.. Mmm..*

*I step into my office, and on my way I enjoy the breeze, the smell of the frangipani, the chirping of birds, the greenery around, acknowledging the loving smiles I get – I can see the respect people have for me and the way things are getting arranged so that the assembly can start on time and end on time; I punch my time and check and smile – on time again. I can see the way I have been able to influence others too in keeping time. I can hear the the unspoken words “the meeting will start on time and end on time, so better be there for we will miss on important decisions” as teachers walk into my room for the Stand to win meeting first thing in the morning from 9.00.a.m. to 9.10 a.m. I can hear the thank-yous I get, “ma’am, you stepped in, just in time”, “ma’am, you were there for me, just in time” - My bigger purpose of making myself available just in time for myself, my family and my people is fulfilled every time I sense that.*

*I glance at the organiser with satisfaction – I have it all planned – my big rocks and small rocks all well packed – my time with my family, my training sessions, my classes, my vacations, my fund flow.*

#### ***This capability of presenting myself in time all the time, has made all the difference.***

*I have grown to be an exemplar for those around me whether at home or work. I am filled with joy and happiness. I know the purpose of my life – be an exemplar and spread joy and happiness and also influence others to respect time.*

My **pay-off** is my laziness. As I am looking at the pay-off I have done in order to be in the state I am. I am jumping out of bed every morning at 5.00.a.m. I smile at my pay-offs which are in fact gains for me. I am having time with me now for my meditation, for my walk (in my car basement), for my NLP reading for an hour ( my son has started reading with me now), listening to Sue's videos and my work out with Jane Fonda. My day is fitting in all the things I desire and my sleep is very peaceful. There is a constant dialogue within me which reminds me of the timelines as I wake up. I am looking at the non-productivity of my lazing on the bed for that extra half-an hour and jumping off it to meet my commitment to what I have planned. I am taking the assistance of the calendar of time and days to remind me of the timelines every day. I am respecting my commitment and I am communicating to others that I have so and so work to do. It does rub off some who I have made accustomed to being at the beck and call for long (in a bid to make myself indispensable) and I am finding ways making them understand the new me just by being me. And this respecting my time is making me respect other's time too.

Also I am realising that most of the time, all I need to do is ask for help wherever required. I am now looking at all my people ready to lend that helping hand and I am able to appreciate what they bring to my life. Suddenly I am aware of all these beautiful people and what they have contributed to my life. I can see the respect they have for me and I respect them deeply for what they do for me and what they are to me.

I am realising that when I delegate or trust others with some of the work, my priorities can be met on time. And acknowledging someone's effort puts that smile on their face which is priceless and gives me inner happiness. This "letting-go" is helping me in feeling free. **This letting-go is again a pay-off according to me.** It is a win-win situation both for me and others.

Yes, it does fit with who I am. As a principal, I am seeing this reflecting in my professional life too. I am realising that I can dry-run my life to such an extent that I can influence the eventual result of who I think I am. I am redesigning my life, restructuring my time and planning so I am enjoying living every moment of it with purpose, the purpose of seeing that smile on the face of people who I am touching in the process of living. My meetings are short and crisp and I am learning to jot down my points and communicating the agenda in case I am calling for a meeting and asking for the same from the other end beforehand, before I go on a call with the other party. In my mind I am constantly chunking and assigning time for each point and now I am particular about specifying how long the meeting is going to be for. I am learning a new aspect of me which is respecting my time and communicating that I am respecting other's time too.

As a mother, wife and grandmother, I am spending quality time with my family and I am living it every moment. I am consciously choosing to give my whole self during my time with family. I am scheduling my time for my calls with my daughter-in-law and granddaughter taking their convenience into consideration. I am choosing to give my whole during the time spent with my family. I am cherishing the tea time I have with grand-daughter over whatsapp and I am enjoying her growth everyday and how much we are sharing over this time. She has started calling me “Dudu patti” (she cannot spell Sugu yet as she is only one and half years old) and suddenly I am finding myself getting a new identity which I am cherishing. I am calling up my father regularly over whatsapp and seeing the way his toothless smile widens and reaches his eyes. I am finding that I have time for all the things that I like doing with being in time with the realisation that I am having the choice to choose my priorities consciously. At home, I am communicating very clearly my timelines. I am really enjoying the way people are accommodating me and I am becoming aware of all that my folks are doing for me and have been doing for me all the time. i am feeling blessed. **I am observing the changes in my patterns and I am ready to inculcate it into my way of living.** I am feeling calm and relaxed and I am feeling like a bahubali with ten arms with so many people there to bank on. Also I feel I AM RESPECTING my time and others’ time more and more and I am measuring the time that any extra work would take and calculating in what way it would affect my timelines and others’ time around me.

## Model 1: Ramesh

Ramesh is my NLP trainer, my mentor and a person I look up to as a breathing, walking exemplar of the outcome I seek. I have always found Ramesh so well organised in time and I have this as an outcome for me from this modelling exercise.

I fixed up time with Ramesh at 7.45 pm sharp. I was all in knots as to how the interview was going to go on and I called Ramesh at 7.43.p.m. two minutes before time. I found Ramesh organising his earphones for the call and told me that I had called him earlier than the time allotted. After a couple of hiccups with the audio of the whatsapp call, we finally connected exactly at 7.45.p.m.

Ramesh helped me take him to the specific time just before the call and I found out the following from Ramesh.

*Ramesh, we fixed up a time for today 7.45.pm yesterday and when I called you at 7.43.p.m I noticed that you were getting ready with the earphones and you were there, dot on time. Just before that what happened? What happened in your mind?*

(His eyes move upward, there is a tilt of his neck from left to right and he answered. (v,k) “Just before you called, I was thinking of this call and my commitment to you (internally reference) and right from my childhood I have always been structured in my thinking. (Gestures with his hand – a chopping action.)(k) I am good at math and I calculate in my mind constantly on organizing my time in chunks. It is something that has been inculcated in me by my dad. My dad was a penchant for time and he would insist that everything happens on time. Whether it was waking up, going to school, returning home, everything had to be followed in time (activity, person filter). I guess the same value is embedded in me. This helped me in my work too. If I were to catch a train at 7.00. I would calculate backwards on how much each one my actions would consume and I would back calculate. (His eyes sweep from right to left upwards (v). I would use permutation and combinations (chunking down) (procedural.)It is like how you manoeuvre your car in the Pondy streets, how you apply your brakes, press your clutch and accelerator depending on the situation. (His right hand makes the maneuvering action (v,k) (associated)

Even my trainer Sue knight would be way ahead in time. She would arrive for her flights a couple of hours early (activity, person, time). It is a matter of respecting the space. I don't want to keep anyone waiting.(attention is on the other, model operator)

*Ramesh, you said I don't want to keep anyone waiting? How important is that for you?*

It is very important for me. Keeping someone waiting is very bad. If I have given you my word I should fulfil that commitment.(internally referenced)

*And...that is like what?*

I respect and value the person irrespective of identity, space. I feel that people recognise this value in you wherever you go. The other day the grocery shop owner was commenting, “Ramesh sir will always come on time, be on time”(a). Being in time is very important to me. It gives me the identity of a person who respects the person and his time and a no nonsense person.(associated, other referenced)

I look at it as a way of respecting, valuing, caring.. a humbling experience. I travel the mile, I honour the commitment.

I always think how would I feel if someone were to give me his time and value my time. A win-win situation.

## **What I got from the interview as deep structure of Ramesh:**

**Higher purpose:** Being organised in time, being punctual is a way of respecting, valuing, caring that other person and his time.

**Identity:** This value of being punctual gives him the identity of a person who respects people and their time and a no nonsense person who commands respect automatically.

**Values and beliefs:** A win win situation , honouring commitments, even if it meant travelling an extra mile

**Skills and behaviours:** The skill and ability to quickly compute the time required and do a backward calculation of time and planning meticulously. The ability to make it a part of this skill and discipline a part of his being and functioning.

**Experiences:** His childhood experiences, the discipline inculcated by his father, understanding how important it all is, in shaping him the way he is today. Also, he constantly observes people for their excellence that he wants to imbibe and models them consciously.

**Environment:** Creating an environment where every individual feels that he/she is important in his space.

(Sub-modalities I found in Ramesh - He is a very visual person, who uses his eyes to do the travelling whenever he relives those moments of the past, he is kinesthetic for he uses his hands to denote what he wants to convey and he has this tendency to be associated and then completely disassociate and take a third person positioning when he narrates an incidence (the shop keeper incidence). He is steeped in values and hence tends to use the complex equivalence often. His deep respect for others' time brings out the deep beliefs and values in him which exhibits the wisdom and love he has for the people he comes in contact with. He chunks down to details and he is able to see the layers of his experiences that have made him into being what he is today.)

## **Model 2: Viswanathan (my husband of 32 years)**

I have lived with this person who is so meticulous in whatever he does. His space is always well organised, all one has to do to find something is to follow his instructions and place his/her hand just at the place he asks one to find it in and you find it just there. I have seldom seen him spend time in search of any of his things. He is very methodical in what he does. I 'try' to follow his surface behaviour and if I am still looking for 'organising myself in my space and time' then it is easy to decipher where I have reached. I decided to unravel the deeper structure of this person's trait and fixed up a time with him for the interview.

I took the specific instance of him hanging the key chain in its place and went on to interview him.

*When you came from outside and hanged the key chain in its place, just before you hung it what was happening in your mind?*

I was thinking that I should hang this in this place so I get it when I need it next.(he was pointing at the direction of the key stand and his eyes in the direction of his hand) (V,K)(activity, object) I should not be wasting my time or someone else's time by searching for it (present, people, internally referenced).

*And... " I should not be wasting my time or someone else's time searching for it" in what way is this important to you?*

You see(v), I value my time and I would not want myself to spend time looking for something and delaying not only myself but also someone else's time when they would be waiting at the given time (internally referenced)(again eyes looked straight at me) (V,K)..(other)

*And... this delaying not only myself but also someone else's time...How important is that for you?*



(his head went back and he looked at me straight unwaveringly)It is very important. I feel irritated when someone does not keep up the time and I feel that person does not value my time. I do not want to give the same feeling to anyone for, I value their relationship and time.(V,K,internally referenced) Whether it is the driver who comes to pick me up, or my higher up in office,(people, time, activity) I feel everyone needs to be respected. Everyone knows that if I give time, I will keep it.(externally/internal referenced)

*And ...This feeling, that everyone needs to be respected... where does that originate from?*

I grew up in a large joint family and everybody had limited space in which to keep their things and limited time within which we had to accommodate our activities(his eyes moved upwards to the left and right and then to the down left)(V,K)(past,person, activity,object). So it was very important that we keep things in an orderly manner and in the same space at all times (almost like marking one's dominion)(shows boundaries action with his right hand and his eyes are following his hand) and by limited time,(V,K, person, activity, object, time) I mean, we had one bathroom (circled his hand to indicate we) and everyone had to complete his ablutions and take a bath within the stipulated time.((V,K, person, activity, time)(associated). So I grew up respecting time and space of myself and others. This has become a habit of sorts and it has become unconscious action nowadays. (shrugged his shoulders, looking up with a sweeping action of his eyes)

*“And...when you say it has become a habit of sorts, in what way has this become a habit?”*

He repeats the question “In what way has this become a habit? (he looks straight and then lowers his eyes to the left)This experience of sharing and accommodating and respecting limited resources has helped me in meticulously planning my resources for the present and future,(present, future) providing me with a foresight and meticulous planning in my profession (gestures with his hands and looks straight at me) (V,K). This has also brought in maintaining my diary in office and home and keeping my calendar of activities well planned for the present and the future. You also see how I maintain an excel sheet of income and expenses and plan an entire year's activity beforehand(gestures with his hands - a sweeping spreading action). I need to see everything very clearly in front of my eyes (spreads his fingers and does an expanded action of sorts – of panning out like a sheet)(V,K)(internally referenced)

*And...When you say I need to see everything very clearly in front of my eyes, what is it like?*

(He closes his eyes for some moments).mmmm. I visualise a board where everything is clearly written down, I can see the map, the road ahead, (his eyes move to a point in front to the right, as if looking beyond and his right hand index finger also is point to that space in front). I want to spend my time in a planned manner.(internally reference,

procedural)(visual, K) Pauses...(smiles at me)...And...(imitating me)... that is why I do not want unplanned activities like looking for a key to interfere with my plan of things for myself. (away from, present, activity)(big chunk)

(He also muttered that I should keep my timelines straight for I had overshoot by 5 minutes)

### **What I learnt from Viswanathan:**

**Higher purpose:** Time, space or money needs to be valued and they should be used for useful purpose in making people around him happy. Bite only what you can chew.

**Identity:** He has an identity of a systematic person who is punctual, who has things well planned and he is respected for that by people around him. This has also given him an identity of a reliable, meticulous accountant throughout his career.

**Values and beliefs:** Accommodation and knowing to live within means in a contented manner. He lives his life in gratitude. The person with the most flexibility in thinking and behaviour has the greatest influence.

**Skills and behaviour:** The ability to put everything in clear cut visual representation, planning methodically and respecting other's space and time.

**Experiences:** His childhood experiences had shaped him to value what might look like little things, disciplined him to value resources at the professional and personal front.

**Environment:** His childhood has taught him accommodation and valuing his and other people's space and time. He is happy with every environment he is put in and is very happy with his family and friends around.

### **Model 3: My Driver Manikandan**

Manikandan is my official driver who drives me to school everyday and he is always on time, come hail, storm or rain. When he honks his horn once after parking his vehicle outside my gate, I know it is exactly 7.50.a.m. He is just 3<sup>rd</sup> pass and he maintains the vehicle spic and span. He parks his car and notes down the mileage. He maintains the log book very well in spite of his lack of literacy.

I board the car, look at my watch, it is exactly 8.00.a.m. I smile at him and say "Happy morning, Mani." He smiles his broad innocent smile at me and wishes me back. I start my morning ritual of saying my set of prayers and after completing my ritual, I then turn towards him to interview him to understand what goes behind his being on time, come rain, hail or storm.

*Mani, I really appreciate that you are here everyday at the same time, without fail, whatever be the weather condition. In the morning, just before you start from your home for work, what is happening in your mind?*

(He looks straight) Ma'am, I look at the watch and I am thinking thank God I am on time. I will be able to come and pick you up on time.(internal reference, time, people, self, towards, present)

*And..This coming and picking me up on time, what is important about this to you?*

Ma'am when I honk my horn (gestures towards the horn)and you come out and smile at me from the balcony,(he turns towards me with a smile on his face) and I feel my day is done. (external reference, other) I feel happy making you feel happy, as you wish me happy morning getting into the front seat of the car at exactly 8.00.a.m.(internal reference, time, people,activity) (V,A,K)

*You said, "my day is done" in what way is your day done?*

(keeping one eye on the road and turning towards me for just a glance) Ma'am, when I bring you to school and you do your work which is helping so many children and the school,(rotating gestures with his right hand index finger (right hand is holding the steering wheel)(person,activity, V,K) I feel I have done my bit to help you in your doing this work on time(internal referenced). Even a 10 minutes delay might make a big difference to your entire day. Also, I get to stand in prayer in the assembly(smiles turning his head to the side). I never went to school when I was young because I did not understand and this led to my masters punishing me with caning. Eventually, there were more marks on my palm and back than in my notebook (laughs aloud). Now I get to come to school everyday and that too fearlessly. Early in my life I learnt that I should be on time(nodding his head in a queer manner tilting at 45 degrees left and then right)(looks straight ahead).

*And..When you said that early in my life I learnt that I should be on time, in what way?*

I have seen that a slight delay in taking my grandmother to hospital cost her life. And I missed my bus by just 5 minutes because I miscalculated the time (gestures with his fingers of all fingers coming together and spreading out like honking a horn) (V,K) (person, time, activity). Now I go half an hour before time, because I don't want to take chances. I calculate like this, if I have to be here at 7.45.am, I need to plan 30 mins from the school, 30 mins by bike from my home to school, my ablutions will take 35 minutes, I have to fetch milk and vegetables and fish which will take another 20 minutes, packing my breakfast 10 minutes(gestures with his right hand index finger almost like drawing a line between actions), and so I keep my alarm at 5.10.am. to give myself `10-20 mins

buffer for traffic jam or untoward incident. This way I plan for my idly and bajji shop I run in the evening. (he turns towards me again and smiles)(V,K,internally referenced)(towards state)

(We had arrived at our destination)

*“Thank you Mani, I really appreciate what you do for me day in day out and I value you so much.”*

### **What I learnt from Mani:**

**Purpose:** To give the best he can and value what his part is in the bigger picture

**Identity:** A reliable person who can be trusted and a person who wants to feel happiness by making others happy

**Values and Beliefs:** Time is very precious and being on time can save even lives. Behind every behaviour is a positive intention. The person with the most flexibility in thinking and behaviour has the greatest influence.

#### **Skills and behaviour:**

The ability to back calculate and plan his activities on time.

To laugh at bitter experiences without an iota of pain.

To find happiness in the value he adds to people’s lives

To organise his life growth with sheer planning.

Considerate, pleasant and outright and outspoken but with respect for the other person.

#### **Environment:**

Makes the space he is in, a vibrant one, appreciates the feelings he gets in school now, and uses his skill of gardening to make the campus more green during free time.

## **My experience and learning from this modelling project:**

**I chose the models Ramesh, Viswanathan and Manikandan,** for I interact with them frequently and I have seen a sustained excellence of always maintaining time, which they exhibit at all times. As I started modelling these people, I started spotting many other people who carried this excellence in them. Respecting one's own time and respecting other's time and respecting time on the whole is something I am spotting many people do around me. My first model was Ramesh, who helped me get into his deeper structures by simply being himself. He is, according to me, a walking NLP champion. I chose Viswanathan as a second model, for I am filled with admiration for this person who has been always there and respects my space and time. He is aware of NLP and was aware that I was planning to ask him a few questions about him. Then I started to look for the same excellence in someone who does not know NLP, who carried the same consistent being on time excellence, and that is when I chose Mani.

In my journey of modelling, I understood that if I am spotting these excellences, I am having them in me too. Then I started delving into this new revelation of ME and started appreciating myself in all the places when I do exhibit this excellence of being in TIME. I started analysing me during these times and started analysing my deeper structures too and what is it that is impelling me to be on time in these occasions. I then understood that it comes from deep respect for the other individual and I valued their time. *Viola - a moment of revelation.* It was about the value I had for this person or event. This made me thinking. The way you do one thing is the way you do other things. Then it is all about the value I am placing for the other persons or event when I am not being on time. This was a shocker to me! The deeper value I had to imbibe was "The map is NOT the territory; Each person is Unique" - The value I was placing on time was on the value I had for the other person based on my perceptions. My perceptions needed changing. Everyone is unique and everyone needed to be respected for their time. And... then I reread the interviews again and found that for my exemplars, this value system that everyone's time is important is so deeply ingrained that they do it unconsciously as if it were an integral part of them. This also made my respect for these individuals soar up in my mind, it is one thing to have these behaviours and it is another to live life in this manner. And this also meant that they respected each individual and this was the respect that was getting reflected back at them.

I then started believing that if anyone can do it, I can do it too. And, when I started believing this, I also started appreciating that there is an unconscious positive intention behind every action and I started observing my models on what they do when they are not able to be on time. They call and tell me that they are held up well before the time and they communicate so I feel my time is valued. I understood that the value they had in their deeper structure was both being in time and respecting others and their time. They come from a deeper structure of care for others and

finding happiness in that care. They beautifully exhibit that the person with the most flexibility in thinking and behaviour has the greatest influence and this positive influence is what has made me choose them for modelling in the first place.

### **What I have learnt in this modelling exercise:**

Every person is unique and deserves equal respect from me; and I respect them, I respect their time too.

Map is not the territory - what is seen on the surface is just that - there is always an unconscious positive intention behind every action - and when I operate on this value, I start looking at things from the other person's perspective. This changes my perception of people for the positive. What I recognise in others mirrors the structures I hold within myself.

When I value other people's time, they trust me and value me more.

I have also learnt that when I communicate my inability to be on time to people before the call/meeting, they appreciate and value me more.

I operate with the bigger picture in mind - accommodating, creating trustworthiness, derive happiness when I make others happy

To be in that moment - soak in the richness of what life has to offer -- be at peace.

To let my actions give me happiness and appreciation for self - when I am happy I make others happy.

To be clear and lead myself and others with clarity, being purposeful in every action, with all positive intentions.

**Trying out if my model works for others:**

Okay, it works for me, and I wanted to check if this could work for others too.

First presentation of my model:

I ran my model to a group of Master Practitioner delegates in an online course I assisted my master, Ramesh, in the month of August.

**The experience of presenting the model to others:**

**I straightaway took them through the experience and let them discover what my IT was. I let them discover the various layers of my model and allowed the structures to reveal themselves through their experience.**

**I am sharing my model here:**


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MY MODEL:

Please sit comfortably in your seat, close your eyes. Holding the belief that you respect the time of every individual, and every individual is unique and brings value to your life,

Imagine....

Your friend has fixed up a time for meeting you at 4.00.p.m. at the beach. She has conveyed that she has something to discuss with you over text. She is there waiting for you and you turn up exactly at 3.55.p.m.

Step into the scene gently.

She is seated at the restaurant overlooking the sea. You spot her and walk up to meet her. As you walk towards her you are thinking of how chunked your time to fit this meeting. How you planned to be here just on time. You also are thinking of what you chose to let go. The Sunday afternoon nap, because.....

She rises up to greet you and smiles at you. You return her smile.

Notice how she feels,-- the respect in her eyes, the feeling of worthiness that she feels, the happiness, the thrill, feel the warmth in his/her smile, feel the trust in her body language, listen to the sound of appreciation in her voice when she is thanking you, feel the quality of the voice,

the smile in her voice, the happiness ring in her voice, see the way she smiles, see her eyes as it twinkles and tells you, "Thank you for coming," in a silent manner, see how you have made this other person happy by being on time - all the feelings, sounds and vision soaked in pure delight.

She turns and tells you, "I can trust you to be on time, all the time. And that is very important to me as you make me feel valued and respected. It is as if you are saying without saying what I am here to say is very important to you". Feel the warmth and happiness fill your heart as you see, feel honoured to be a part of this person's life at the moment. You know it matters. It matters to keep time and be on time for everyone.

As, as you see,hear and you feel what it is you do, allow this to sink into you, into your bones, into your flesh, into every cell of your body --- you are in time and your being in time conveys to you and the other that you value them in your life and you value yourself for that. You are on time....all the time. And this is an integral part of you.

And... as you soak this feeling, breath this affirmity into you, this identity of a trustworthy person, this person whose higher purpose is to keep others and self happy as a win-win, how happy you are inside that you put that smile on the other person's face. Be in the moment....

Now....having collected the visions, the sounds and feelings, come to the present moment and gently open your eyes.....

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### **How others recognised that I was using the model:**

The feedback I got after presenting the model was that most of them were able to identify with my IT and some felt it resonated deeply with what they have felt sometimes about themselves. Some said it is not so much about time alone but it is about the value I place on the event or person. One person said that he did not know that someone would feel that way when he is on time, and he thinks it is a special feeling worth being in time for. One delegate said she has struggles with being in time and now she will start thinking about what makes her become late for some events.

Ramesh shared how I have been exhibiting this model in me everytime I show up on time and how much he appreciates that I have been living the IT as a way of being and how I chose to value the time of others all the time. Gouri my coach also felt that I was living my IT and I have shown it again and again how I have integrated it in my life.



I for one, have integrated it into every aspect of my life - at home, at work, with friends, -- everywhere, for I value each one for the value they bring to my life.

**I wanted to try this model with a non- NLP person.**

I have a colleague of mine, who is always late to school and everytime she has some reason or other to give. She said she 'tries' hard to be on time but something or the other comes up and she becomes late. She said that, that day there was a call from her school friend just as she was getting out for school and she thought she should finish her call before she started for school. She did not know how else she could have done it. I asked her if she would choose to be a part of my model and she would be ready to spare some time with me during the evening hour. Having fixed 4.45.p.m. I sat down on the garden bench where I had arranged to meet her and she came 3 minutes early! I observed this and made a mental note and after building a simple rapport for about 2 minutes to warm her up, I started giving her an experience of my model. As I took her through the experience I noticed a slight movement of her head when it came to my revelation of being in time and value I placed behind it.

There was deep silence after I ran the model and she sat quiet munching over things. She looked me in the eye and told me, "I hadn't realised that I am not valuing this job which has given me so much of an identity in the eyes of my students, parents and my co-teachers and this morning, I should have given value to my friend too which I did not, because half of my mind was in my starting for school and only half on her conversation. I also realise that when I choose to be in time when I have committed, I respect myself more. Henceforth, I am going to be on time to school, I value this profession more than ever for all that gives me."

This is COVID time and I have been noticing that she is always on time during her duty days after the presentation.

She smilingly told me that she owes me one for just leading her to a revelation of herself and the way she thinks. She said I have woken her up gently to her own value system during her childhood wherein she was never late to school or her dance class and she is going to be that again and there is such a joy in place of all anxiety involved in coming late.

## **GOLDEN BUDDHA - FINDING MYSELF**

When I started this modelling project, my aim was being in time all the time; Chunking it down to a small bit; While I have learnt how I can be in time all the time, I have learnt so much more about myself and how I operate and this journey of knowing myself has been the one of revelation and enlightenment. It was like finding the Golden Buddha within me which was there all the time; it was my perceptions that had crowded it all the time; and there must have been an unconscious positive intention behind that too; As I am delving deeper and deeper, I am looking at me all the time from a third person perception and giving myself feedback all the time; for I deeply am believing of the fact that there is no failure only feedback -- There is going to be churning and only with this churning is the nectar of who I truly am is beginning to evolve and I see myself in others too and appreciate them for the value they bring to life.

## **LEAD ME ON.....**

I am indebted to my mentor Ramesh, my mentor Sue Knight, my Coach Gouri Baranika, my Reading Club friends, my NLP delegates and friends, my family, the world of people who are walking exemplars of excellence and the Universe for placing me amidst all these and showering me with these gifts to treasure and making me journey into discovering myself bit by bit.

